

***Más que comida, es vida.* (It's more than food. It's Life.), a nutritional campaign for Hispanics/Latinos with diabetes and their families**

The National Diabetes Education Program (NDEP) announces the updated *Más que comida, es vida.* (It's more than food. It's Life.) nutritional campaign. This educational campaign is designed to dispel misunderstandings about healthy eating and teach Hispanics/Latinos how to adopt a tasty but nutritional meal plan that maintains the cultural uniqueness of their food. Written in both Spanish and English, it features a recipe booklet, *Ricas recetas para personas con diabetes y sus familiares* (Tasty Recipes for People with Diabetes and Their Families), with food ideas specifically designed for the Latin American palate. This campaign is a resource for dietitians, diabetes educators, and people who want to manage their diabetes without losing their cultural identity. *Más que comida, es vida.* helps Hispanics/Latinos understand how to plan and prepare healthy meals and make healthy food choices.

In addition to the recipe booklet, other campaign components include a poster, flyer and print ads (all available in both Spanish and English). Order free copies of these materials or download them online at www.ndep.nih.gov, or order free copies at 1-888-693-NDEP (shipping and handling charges will apply). The call is toll-free and confidential.

